

ENERVIT NUTRITION SYSTEM®

BRUTAL

LENGTH: 103 km

ELEVATION GAIN: 7800 m



SWITCH BETWEEN 1 GEL AND 1 COMPETITION BAR EVERY 30 MINUTES



500 ML WITH 2 MEASURING SPOONS OF ISOTONIC DRINK PER HOUR



-60' -30'



WITHIN 30'

BEFORE

Start

DURING

Finish 103 km

AFTER



PRE SPORT

ENERGY JELLY. AVAILABLE WITH ADDED CAFFEINE.



GEL

HIGLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

20 CARBS / g SERVING



COMPETITION BAR

HIGLY CONCENTRATED ENERGY BAR.

20 CARBS / g SERVING



ISOTONIC DRINK

INSTANT DRINK WITH CARBS AND MINERALS.

25 CARBS / g SERVING



R2 RECOVERY DRINK

CARBOHYDRATE BASED RECOVERY DRINK WITH BCAA.